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As I mentioned above, procrastination has so many negative effects. Some people don’t care much about the procrastination, they think it happens every day and everyone procrastinates in some degree. However, it will cause people many problems if they tolerate their procrastination and become a habitual procrastinator like me. If you are a procrastinator, now it’s time to overcome your procrastination, make a schedule for yourself and live a better life. Otherwise you may feel regret about your procrastination.